



Leela's
lunches

OUR HEALTH PHILOSOPHY

“Leela’s lunches is committed to shaping the palates of the future generation, towards real and whole foods, and sustainable healthy choices”



we add vegetables to purees, sauces and desserts



all our meat is certified hormone and antibiotic-free



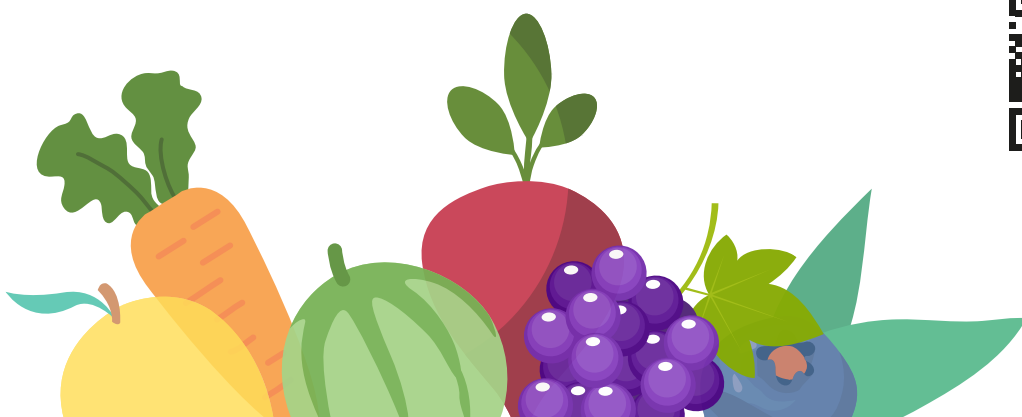
we prioritize wholegrains as much as possible



everything is made from scratch. no processed ingredients



no artificial or refined sweeteners



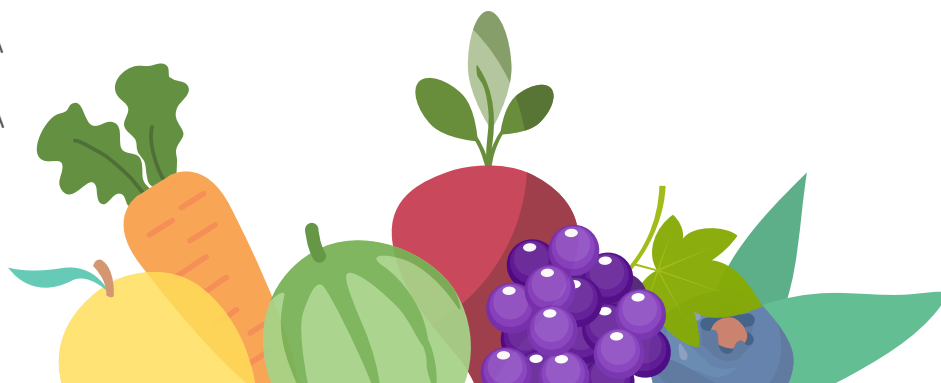


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Menu

week 1

MON	MORNING SNACK	Tomato cream cheese sandwich
	LUNCH MEAT	Spinach pasta bake + steamed corn & peas
	LUNCH VEG	N/A
TUES	MORNING SNACK	High fiber muffin (with hidden veg)
	LUNCH MEAT	Baked chicken in saffron rice + yogurt
	LUNCH VEG	Veggie biryani + yogurt
WED	MORNING SNACK	Sweet potato pancake + fresh fruit
	LUNCH MEAT	Beef bolognese pasta + mixed vegetables
	LUNCH VEG	Lentil bolognese pasta + mixed vegetables
THUR	MORNING SNACK	Scratch made granola + mango yogurt
	LUNCH MEAT	Paneer & chickpea curry in mixed root veg sauce + steamed rice
	LUNCH VEG	
FRI	MORNING SNACK	Baked chicken milanese OR veggie nuggets + mashed potato + fresh fruit
	LUNCH MEAT	N/A
	LUNCH VEG	N/A





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Menu

week 2

MON **MORNING SNACK** High fiber biscuit
LUNCH MEAT Harvest pie + cucumber
LUNCH VEG N/A

TUES **MORNING SNACK** Labneh sandwich
LUNCH MEAT Creamy tomato pasta + steamed peas & corn
LUNCH VEG N/A

WED **MORNING SNACK** Hearty squash loaf
LUNCH MEAT Butter chicken in mixed root veg sauce + peas pilaf rice
LUNCH VEG Butter paneer in mixed root veg sauce + peas pilaf rice

THUR **MORNING SNACK** Beetroot eggy bread
LUNCH MEAT Tex mex pasta + cucumber
LUNCH VEG Tex mex veggie pasta + cucumber

FRI **MORNING SNACK** Powerpacked pizza + cucumber + fruit muffin
LUNCH MEAT N/A
LUNCH VEG N/A





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Menu

week 3

MON	MORNING SNACK	Cucumber cream cheese sandwich
	LUNCH MEAT	Hearty veggie bake + mixed vegetables
	LUNCH VEG	N/A
TUES	MORNING SNACK	Pumpkin maple muffin
	LUNCH MEAT	Chicken paella + yogurt
	LUNCH VEG	Veggie paella + yogurt
WED	MORNING SNACK	Oat flapjack + yogurt
	LUNCH MEAT	Beef lasagna + steamed peas & corn
	LUNCH VEG	Butternut squash, spinach & scratch made cottage cheese lasagna + steamed peas & corn
THUR	MORNING SNACK	Carrot eggy bread
	LUNCH MEAT	Chicken & vegetable stew + steamed rice
	LUNCH VEG	Tofu & vegetable stew + steamed rice
FRI	MORNING SNACK	Baked chicken meatballs OR veggie 'meat'balls in scratch made tomato sauce + mashed potato + fresh fruit
	LUNCH MEAT	N/A
	LUNCH VEG	N/A

